



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 03686, Babyfood, cereal, mixed, with bananas, prepared with whole milk**

**Report Date: June 24, 2017 23:01 EDT**

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
<b>Proximates</b>					
Water	g	81.81	--	--	23.19
Energy	kcal	86	--	--	24
Energy	kJ	362	--	--	103
Protein	g	3.82	--	--	1.08
Total lipid (fat)	g	3.46	--	--	0.98
Ash	g	0.92	--	--	0.26
Carbohydrate, by difference	g	10.00	--	--	2.83
Fiber, total dietary	g	0.4	--	--	0.1
Sugars, total	g	5.90	--	--	1.67
<b>Minerals</b>					
Calcium, Ca	mg	153	--	--	43
Iron, Fe	mg	3.63	--	--	1.03
Magnesium, Mg	mg	18	--	--	5
Phosphorus, P	mg	111	--	--	31
Potassium, K	mg	178	--	--	50
Sodium, Na	mg	48	--	--	14
Zinc, Zn	mg	0.49	--	--	0.14
Copper, Cu	mg	0.053	--	--	0.015
Manganese, Mn	mg	0.004	--	--	0.001
Selenium, Se	µg	4.9	--	--	1.4
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.4	--	--	0.1
Thiamin	mg	0.315	--	--	0.089

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Riboflavin	mg	0.437	--	--	0.124
Niacin	mg	1.605	--	--	0.455
Pantothenic acid	mg	0.345	--	--	0.098
Vitamin B-6	mg	0.065	--	--	0.018
Folate, total	µg	6	--	--	2
Folic acid	µg	0	--	--	0
Folate, food	µg	6	--	--	2
Folate, DFE	µg	6	--	--	2
Choline, total	mg	15.4	--	--	4.4
Betaine	mg	0.6	--	--	0.2
Vitamin B-12	µg	0.43	--	--	0.12
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	43	--	--	12
Retinol	µg	42	--	--	12
Carotene, beta	µg	8	--	--	2
Carotene, alpha	µg	2	--	--	1
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	155	--	--	44
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	12	--	--	3
Vitamin E (alpha-tocopherol)	mg	0.44	--	--	0.12
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta	mg	0.00	--	--	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00
Tocopherol, delta	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	1.2	--	--	0.3
Vitamin D3 (cholecalciferol)	µg	1.2	--	--	0.3
Vitamin D	IU	47	--	--	13
Vitamin K (phylloquinone)	µg	0.5	--	--	0.1
<b>Lipids</b>					
Fatty acids, total saturated	g	1.808	--	--	0.513
4:0	g	0.069	--	--	0.020
6:0	g	0.069	--	--	0.020

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
8:0	g	0.069	--	--	0.020
10:0	g	0.069	--	--	0.020
12:0	g	0.072	--	--	0.020
13:0	g	0.000	--	--	0.000
14:0	g	0.276	--	--	0.078
15:0	g	0.000	--	--	0.000
16:0	g	0.840	--	--	0.238
17:0	g	0.000	--	--	0.000
18:0	g	0.344	--	--	0.098
20:0	g	0.000	--	--	0.000
22:0	g	0.000	--	--	0.000
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.859	--	--	0.244
14:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.003	--	--	0.001
18:1 undifferentiated	g	0.856	--	--	0.243
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.342	--	--	0.097
18:2 undifferentiated	g	0.260	--	--	0.074
18:3 undifferentiated	g	0.081	--	--	0.023
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	10	--	--	3
<b>Amino Acids</b>					
Tryptophan	g	0.080	--	--	0.023
Threonine	g	0.161	--	--	0.046
Isoleucine	g	0.187	--	--	0.053
Leucine	g	0.314	--	--	0.089
Lysine	g	0.169	--	--	0.048

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Methionine	g	0.088	--	--	0.025
Cystine	g	0.036	--	--	0.010
Phenylalanine	g	0.180	--	--	0.051
Tyrosine	g	0.175	--	--	0.050
Valine	g	0.227	--	--	0.064
Arginine	g	0.122	--	--	0.035
Histidine	g	0.095	--	--	0.027
Alanine	g	0.130	--	--	0.037
Aspartic acid	g	0.289	--	--	0.082
Glutamic acid	g	0.783	--	--	0.222
Glycine	g	0.106	--	--	0.030
Proline	g	0.370	--	--	0.105
Serine	g	0.141	--	--	0.040
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0